

IJCRT.ORG**ISSN : 2320-2882**

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

HAIR FALL; RECONSTRUCTED BY CONSUMING SOME INGRADIENT

Dr. Manmohan S. Bhaisare

Department of Botany Late.NirdhanPatilWaghaye Science Collage Lakhani

ABSTRACT

Hair fall is the serious problem in our young generation to old. It can caused by variety of various disorder come in man and women. Author goining to study, some ingredient like, Collin, Piper nigrum, Murryakoenigii, Black sesame, Flax seeds. Some ingradient contain bioactive antioxidant properties which play essential role, keeping body healthy and free form disease. That provided overall effect on health, which protect and also prevent cell damage against neurodegenerative diseaseproviding beautiful hair and skin. [15]. In this present study Author giving mixture of above said ingredient in regular diet for three men and three young ladies for one month. Result for their regular diet as well coming up with innovative ways of the technique or ingredient for hair growth.

Key words: Hair Fall, Reconstructed, Consuming, Ingradient.

INTRODUCTION

Hair is considered as a sign of beauty in almost every culture. The long hair for ladies is a sign of health and beauty, this lead to the large impact on the cosmetic industry in the rich and civilized culture. [1,2]. Now a day premature hair hall is a serious problem in youngster. Hair fall is due to stress, stress has some show how became synonymous with the modern way of life, in addition to triggering several unpleasant consequences, hair loss at a time of extreme stress or anxiety. [3,4].



Off. Principal

Late N. P. W. College
Lakhani, Distt. Bhandara

Hair fall is due to the hormonal change, which cause permanent or temporary hair loss. Thyroid disorder such as hyperthyroidism and hypothyroidism can lead to hair fall. Dreaded dandruff is one of the major causes of hair loss. Hair loss causes bald spots on the scalp. [5.6].

Iron deficiency, malignant, disease causes hair fall. Hair follicle made up of protein called keratin. Nutritional deficiency that partially causes the lack of amino acid, that serve building block of protein can causes hair loss, so to prevent hair loss, consider adding more protein rich food in our diet. [7].

Most people who have a vitamin B or iron deficiency show symptoms like hair turning gray, hair loss all of which are the indicator of ageing. [16]. Supplement of food with effective and active ingredient. This alternative hair loss treatment combine bioactive consumption of ingredient contain zinc, biotin, many constituents making in to powder rich in protein and keratin known for strengthening and volumising hair and increasing elasticity in the skin.[15].

MATERIALS AND METHOD

The present investigation deals with the study of, Hair fall; reconstructed by consuming some ingredient, author take five ingredient of plant part.

Plant Material;

1.Collins – Jeera is the same as cumin. **Family** - Apiaceae. Part of plant used- seeds

Contain – Sodium, Potassium, Vitamin C, D,B6, Iron, Calcium, Magnesium, Cabalamin, Thymoquinone. [8].

2.Pipernigrum – common name kalimirch, **Family** – Piperaceae, Part of plant used – seeds

Contain – Moisture, Nitrogen. Starch,Fibre, Piperine, Pipasin, Oleorisine. [10].

3.Murrykoenigii – common name kadipatta, **Family** – Rutaceae, Part of plant used – leaf.

Contain – Linalool,Alpaterpinene, Myrcene, Mahanimbine, Caryophyllene, Murranol, Alphapinene, Sabinene, Betapinene, [13].

4. Black Sesamum indicum – common name kalatil, **Family** – Pedaliaceae, **Part of plant used** – seeds

Contain – Polyunsaturated fatty acid, Omega six, Fiber, Iron, Calcium, Magnesium, Phosphorous, Lignans, Sesamoline, Sesamine, Pinorexinol, Lariciresinol. [17].

5. Flaxseed – common name jadas, **Family** – Linaceae, **Part of plant used** – seeds.

Contain – Fiber, Protein, Omega three fatty acid, Copper, Thiamine, Magnesium, Phosphorous, Selenium, Zinc, Vitamin B6, Vitamin E, Iron, Folate. [19].

Author took above five ingredient quantity measure in gm./ Kg.

Collins seeds = 50 gm. Piper nigrum seeds = 10 gm. Murryakoenigii leaves = 40 gm.

Black Sesamum indicum seeds = 60 gm. Flaxseeds = 60 gm.

Above said ingredient warm in sunlight, when dried, it all together fry in iron griddle on a sooty flame of gas within five minute they turn brown and allow cooling; now easy crushing in to grinder mixture machines. Make them in to fine powdered and filter it with fine thin cloth. The powdered is now ready to serve. One teaspoon powdered was mix in one glass of milk, give them at morning lunch to the person suffer from hair fall and graying of hair.

Author selects three young men and three women having a age of 26 year old, that person suffer from hair fall and graying of hair. Author advise them to take this powdered every day in morning lunch as a one doses. Also you can add this powdered to every day meals such as oatmeal's, salad, and grains for one month, overtime your hair became come on your head and look black, smoother and stronger.

RESULT AND DISCUSSION

In the present study, Hair fall; reconstructed by consuming some ingredient. One month later it found that the three men and three women suffer from hair fall, it is notice that hair follicle come in the form of radical in scalp, look like sharp black and stronger on head. Author going to study that, the five ingredient having

bioactive properties, play an important role an antioxidantal activity to adverse the effect those person suffer from hair fall and greying of hair.

The above study is supported by following theory;

Using Collins as a spice, increase antioxidantal interest, which promotes digestion. Iron may improve blood suger control and may reduce food born illness. Taking higher doses in supplement from has been linked to weight loss and improved blood cholesterol. Cumin can't actually erase fat, only overall weight loss can target fat deposited on your body. [8].

Thymoquinone,, a naturally occurring chemical that has antioxidantal and anti-inflammatory properties, which help lose weight. Help in target free radical in our body, assisting your body in cleansing itself of toxin. Cumin helps your cell respond to insulin and glucose which keep your blood sugar, presser stable. [9].

Black pepper is a powerful hair growth stimulant that has the potential to fight infection and effectively faciliate hair growth and also excellent scalp cleanser. Black pepper loaded with vitamin A, vitamin C, carotene, flavonoids folic acid, potassium and other nutrients play important role for hair growth and dandruff fighting. [11,12].

Curry leaves contain various mineral, vitamin. Some volatile oil present like alpha pinene, sabinene, beta pinene, alpha terpinene etc. are anti-inflammatory, antibacterial, digestive properties beneficial for the hair, lustrous long hair, treat damage hair, strengthens of the hair root, prevent hair fall and also treat dandruff. It is also a natural aid for premature greying of hair. [14].

Black sesame seed used as health promoting and anti-ageing benefits. They contain polyunsaturated fatty acid and omega six which prevent hair fall. [18].

Flaxseed commonly used to improve digestive health and relive constipation, which may help reduce the risk of heart disease. First come across this wonder seed agree while reading up on hair health, that need some help with in hair fall, and want to grow your hair. [19].



Off. Principal

Flaxseed is a reliable source of vitamin B that making your hair grow stronger and healthier of a more rapid rate. Omega three fatty acid also effect hair growth. Vitamin E, reduce the effect of free radical on your scalp, thereby promoting hair growth. Adequate vitamin E intake may also promote stronger hair follicle. Consuming of flaxseed for hair can change the texture, if will also ensure that the new hair which grow from the root is strong and healthy. [20].

CONCLUSION

From the investigation, we known that, Colline, Piper nigrum, Murryakoenigii Black Sesame seeds, Flax seeds, this five ingredient are beneficial to our society which having various bioactive chemical which adverse the effect of hair hall and graying of hair, also provide overall health, keeping body healthy disease free. Such a bio constituents present in material ingredient which are useful for pharmaceutical, medicinal purpose to cure various disorder come in humane from modern society

CITETION & REFERENCES.

1. Hamilton, J.B. 1951, Patterned loss of hair in man: types and incidence. Ann. NY. Acad.Sci; 53; 708 – 728.
2. Ebner H, Muller E. 1995, Allergic contact dermatitis fran.minoxidil; 32: 316 – 317.
3. [https://www.headandshoulders.com.all](https://www.headandshoulders.com/all).
4. Dawber R. 1995. Hair & Scalp disorder, Common presenting signs, differential diagnosis & treatment, 1st edition, Martin Dunitz London, pp 11 – 16.
5. Whiting, D.A. 1998. Male pattern hair loss, current understanding. Int. J. Derm, 37 – 561 – 566.
6. Olsen, E. 2001. Female pattern hair loss, J. Am. AcadDerm, 45(3,suppl. 1); 70 – 80.
7. Weatherbead L. 2001. Why am I, Loosing my hair? Canadian Journal of Diagnosis; 67 – 73.
8. AL. Snafi, A E. 2019. The Pharmacological activity of Pharmacy. 2016; 6(6); 46 – 65.



Off. Principal
Late. N.P.W. College
Bhandara, Dist. Bhandara

9. Singh R. P; Gangadharappa H.V; Mruthunjaya, K. 2019. Cuminumcyminum, a popular spice; An updated review, Pharmacognacy. Journal, 2017, 9(3).
10. AshokBendre, 2005. Practical Botany, B Sc.III Year. Rastogi Publication, ISBN-81 – 7133 – 837 – 2.
11. [http: //WWW. 24 Mantra. Com. blogs](http://WWW.24Mantra.Com.blogs).
12. [http: //bedodywise.com.>blog.pe....](http://bedodywise.com.>blog.pe....)
13. Murryakoenigii, information from NPGS / GRIN, WWW.ARS.GRIN.GOV.ARCHIVED from 2009.
14. [http: //www. indian spice. Com./ spice. Catalog/ curry leaf](http://www.indian.spice.Com./spice.Catalog/curry.leaf).
15. [https: //www. newnordic. net.all](https://www.newnordic.net.all).
16. Research Act. 05 August 2019. Journal of Allergy & Clinical immunology, Volume 125 issue -6, pages. 1322 – 26.
17. Review 2016. Journal of Medical Food, Volume, 19 issue – 4, page 337 – 45.
18. Khosravi – Boroujeni, H; Nikbakht E; Natanelov E; Khalesis. 2017. Title, cansesame consumption improve blood presser, hair fall. A Systematic review & Meta analysis of controlled trial. Journal of science of food & Agriculture, Volume 97.
19. AlinaPetre, MS. RD. (NL), Feb. 28, 2022. Medically, reviewed by Katherine Marengo, LD. N. R.D. Nutrition.
20. Healthline Media and Red Ventures Company. 2005 – 2022. All right reserved.

Off. Principal
Late. N.P.W. College
Lakhani, Distt. Bhandara

